



GRATITUDE GAZETTE

Volume 2020.12
December 2020

951-677-1535
24 Hour Hotline

Temecula Valley Central Office
41340 Pear Street, Ste. 1
Murrieta, CA 92562

Tradition 12 Explained

By Buddy T. — June 2020

Anonymity is the hallmark of the 12-traditions. Anonymity helps protect the group and keep the focus on principles rather than personalities. According to tradition 12, personal anonymity should be maintained at all levels of participation in 12-step fellowship including in meetings, in 12th step work, and even in sponsorship. Increasing the amount of gratitude in our daily lives is a wonderful way to improve mental and physical health, job satisfaction, and overall happiness. National Gratitude Month reminds us that kindness can be one of the most powerful tools out there for building social bonds and achieving success, with incredible statistics to back it up.



Are the holidays difficult for sober alcoholics?

By Sarah B. — November 2009

The holidays can be a triggering and challenging time for sober alcoholics, particularly for those in early sobriety. But why? There are a variety of reasons and this time of year can prove to be emotionally charged even for non-alcoholics. The holidays can be bittersweet, in that while they may bring joy and celebration, they can also be like putting "Miracle Grow" on family dysfunction and unhealthy dynamics. Therefore, if drinking alcohol was the way in which an alcoholic coped emotionally with holidays in past years- it can be a difficult transition when they get sober.

(continued on page 3)

This Month in History

A.A.

1975 - "Birds of a Feather" AA group for pilots is formed

From our backyard...

1943 - Bill speaks to 300 at meeting inside San Quentin

Around the world...

1979 - Akron Beacon reports death of Henrietta Sieberling

Reference: https://www.a-aassociates.com/aa/HISTORY_PAGE/dates.htm

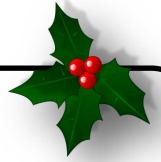
**"The feeling of having shared
in a common peril is one element
in the powerful cement
which binds us."**

— Anonymous

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Recovery



Step 12

“Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.”

The 12 Steps are kind of like a recipe for a special cake, one that brings about a personality change sufficient to allow us alcoholics to recover from our alcoholism. When we’ve baked the delicious spiritual experience cake and arrived at step 12, it’s time for my favorite part: putting the icing on the cake!

The concept of “spiritual awakening” has many meanings. Keeping it simple, a spiritual awakening is really just a psychic change that, among other things, eliminates our obsession to drink. For some it can be quite a powerful and immediate experience, for others it is an ongoing co-current part of working the 12 steps.

The second part of the 12th step is about carrying the message of recovery to other people. We do this as “we keep what we have by giving it away.” When we work with others, our lives change. So, we don’t help another alcoholic because they’re sick—we help another alcoholic because we are sick. The 12 Steps are a program of attraction, not promotion. We lead by our own example, so talk to people when they are ready and when the time is right they’ll ask: “How can I get what you’ve got?” Keep your message for the person who’s dependent on alcohol to what it was like for you, the result of your steps, and that you have not gotten drunk.

When talking to a newcomer, let go of labels and referring to them as alcoholics. Truthfully tell your story and let other people decide if it rings true for them. Sometimes carrying the message can be as simple as making sure that there is a warm, caring, non-judgmental place for other alcoholics to come back to and a hand shake or hug that says “We’re here for you—come on in—and keep coming back!”

On a daily basis we have the opportunity to put into practice things that we are finally in possession of: a degree of honesty, tolerance, unselfishness, peace of mind, and love. Practicing the 12 steps in all our affairs, trusting a higher power, cleaning house, sharing our experience strength and hope, staying active in service one day at a time, for the rest of our life...is like eating cake, with icing, everyday.

Tradition 12

“Anonymity is the spiritual foundation of the traditions, placing principles above personalities.”

The principle of anonymity has spiritual significance, allowing members the freedom to express their struggles and their completion of the steps.

Anonymity reminds members to focus on principles above personalities, and to practice genuine humility. Blessings cannot spoil members, nor can failures stop spiritual growth.



Concept 12

The Conference shall observe the spirit of A.A. tradition, taking care that it never becomes the seat of perilous wealth or power; that sufficient operating funds and reserve be its prudent financial principle; that it place none of its members in a position of unqualified authority over others; that it reach all important decisions by discussion, vote, and whenever possible, substantial unanimity; that its actions never be personally punitive nor an incitement to public controversy; that it never perform acts of government; that, like the Society it serves, it will always remain democratic in thought and action.

Virtue 12

Service

A helpful act; contribution to the welfare of others; useful labor that does not produce a tangible commodity; the active and passive forms of love that keeps us alive, allowing God to use us.

12th Step Prayer

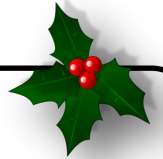
Dear God,

My spiritual awakening continues to unfold. The help I have received I shall pass on & give to others, both in & out of the Fellowship.

For this opportunity I am grateful. I pray most humbly to continue walking day by day on the road of spiritual progress. I pray for the inner strength & wisdom to practice the principles of this way of life in all I do & say.

I need You, my friends, & the program every hour of every day. This is a better way to live.

Features



The Holidays: Survival Guide for Sober Alcoholics

By Sarah B. — November 2009

For sober alcoholics who come from active alcoholic families, this time of year is generally rampant with heavy drinking that they may have been able to avoid the rest of the year. A sober family member can unintentionally hold a mirror up to their alcoholic family members and this can inevitably cause tension. The high-functioning alcoholic (HFA) in particular is able to keep many aspects of life intact. Therefore, relatives may not have realized the severity of his or her alcoholism and may minimize the problem or not understand why the HFAs need to be sober. Sober HFAs may be dodging drinks or surrounded by family members drinking socially or alcoholically and this inevitably can be a challenging dynamic to navigate.

The holidays are a time of socializing, work parties, excessive amounts of food, celebration and inevitably drinking. Being sober can often lead these individuals to feel left out or it may be a painful reminder them of the good ole' days. Throughout the rest of the year they may be surrounded socially by a sober community or are able to set limits and boundaries around how much time they spend in drinking situations, they may not be able to avoid these environments during this time of year. Many people compare their lives and families to others and to the depictions that they see in the media of the "perfect family". For those who are single, divorced, or having family problems, the holiday season holds a magnifying glass up to these situations, leading many to reflect negatively on their life. It is important to note that there is a higher chance of relapse during the holidays and sober alcoholics and their loved ones should be mindful of this.

Holiday events, work and social holiday parties are a constant reminder to the sober alcoholic that they have to live and socialize in a different manner than those who can drink in safety. There are holiday functions that require attendance and it is important to have strategies in place that can help to prevent relapse and to minimize triggers. Here is a holiday "survival guide" for the sober alcoholic:

- Have an escape plan; bring your own vehicle or figure out the available public transportation
- Ask another sober alcoholic to be "on call" for you to check in with during the event
- Let someone whom you trust at the holiday event know that you may need additional support
- Find a tasty non-alcoholic beverage you can drink that will give you something to hold and may prevent people from offering you an alcoholic drink
- Be choosy about the holiday events that you attend and avoid "people pleasing" by saying "yes" to events that you don't need to nor don't want to be at
- Take care of yourself prior to these events: get enough sleep, eat regularly, exercise, relax, etc.
- Find new holiday activities and traditions that do not involve drinking alcohol (volunteer at a soup kitchen, go ice skating, a sober get-together, etc.)
- Remember to create structure (volunteer, exercise, go to group meetings, therapy, etc.)
- Work extra hours if needed in order to distract yourself
- Learn to say "no" if you do not want to attend an event, put your sobriety first and realize that others may not understand what this entails
- Be honest with loved ones if you are having a hard time and let them know how to support you
- No matter how you are feeling, just don't drink!

Features



Principles are not Flexible

By Staff Writer Rick R. — November 2020

When I entered the program of Alcoholics Anonymous, I identified with just about everything I had read and heard, and I began to recognize where I went wrong up to that point. I realized that I had no direction in my life, no moral compass to speak of, and that the failure in my personal relationships manifested itself in low self-esteem (self-loathing). I felt inferior, unworthy, disrespected, isolated, unappreciated, disliked, etc. etc. I was going to have to depend on something outside of myself to govern my judgment and my decision-making. One of the first default positions I would take to surrender to these new realities was to concede to the fact that, as an alcoholic, my brain did not process information properly, and that I was going to have to trust in something more reliable.

Living by Principles, What a Concept! There are people who believe that if we all lived by one simple principle, we wouldn't need any other laws on this planet, and that principle is The Golden Rule: Do unto others as you would have others do unto you. That simple statement gave me an understanding of how I could begin adopting a value system, based on principles, where I did not have to originate my own rules. While reading a book on economics, the author stated that "a man who lives by principles has 99% of his decisions already made for him". With that in mind, I began to establish a system of principles that are consistent with the AA program, and, I might add, with most of the other successful philosophies of life. I would read the St. Francis Prayer (12X12pg 99) daily. I attend a step study meeting weekly to reinforce these principles. I try to make sure that I am not modifying these standards to evade the tougher actions. I was complaining about another member of our group one day, to one of my mentors at that time, and he suggested that I try to place principles before personalities. I responded, yes, but I do not agree with his principles. He then said it was not his principles that we are talking about, but that it was my principles that needed to change. He then informed me that we cannot be se-

lective about who and when we apply these values. I must treat everyone with respect, and that goes for the smallest, innocent child to the most errant rogue that I might encounter.

I know that it seems like an impossible task, but I assure you that if you start with the child and work your way to the rogue, it will get easier, if you don't let your ego convince you otherwise. There are many suggestions in the Big Book and the 12X12 that have given me plenty of material to work with so that this does not have to become a crisis management project. It is more like a lifelong pruning of my unwanted, destructive behaviors. Here are a few of those suggestions: Restraint of tongue and pen, Drop the word blame from your thoughts and speech, Stop fighting everyone and everything. Cash-register honesty means I must be honesty with everyone, not just the person at the Cash-register, and so on. If we all had amnesia, we would all be pretty much the same. The only thing that makes us different is the things we carry around between our ears. It may be time to reprogram the mental software to default to the principles that have been proven to work so well for so many. No one could ever fault us for living by the principles that we learned in AA.

Drying-Out Spots

By Bob K.—July 2014

When so bad that he could not function, the new medical practitioner (Dr. Bob) put himself into one of the local "drying-out" spots. This happened at least a dozen times. In one small hospital for patients with socially unacceptable ailments, he sabotaged the sincere efforts of the staff by getting friends to smuggle in whiskey by the quart. If unavailable, he then stole medicinal alcohol.

Continue to follow Dr. Bob's story at:

Part One: [Dr. Bob, AA Co-founder - Part One](#) | [AA Agnostica](#)

Part Two: [Dr. Bob - Part Two \(Akron-Style AA\)](#) | [AA Agnostica](#)

Business



Central Office Serves the Valley

During the day, your Central Office keeps the doors open to assist recovering and suffering AA members alike and provide the following services:

- 24 Hour Hotline 951-677-1535
- Organizes 12 Step Calls
- Big Books & 12x12's
- Grapevine publications & other assorted literature
- Chips & Newcomer Packets
- [Meeting Schedules](#)
- Information for other Central Offices
- [Gratitude Gazette publication](#)

Your office manager organizes volunteers, makes sure the office is a healthy place for all, keeps your accounting data accurate, and safe guards your inventory. The office manager and volunteers are there to support the groups and the individual members of our fellowship throughout the valley.



Twenty-four hours a day, seven days a week, volunteers take calls from suffering alcoholics and organize 12 step calls. The phone line and special call-forwarding are paid for by your central office contributions.

Please ask at your next business meeting if you are contributing monthly to your Central Office. Contributions goes to pay for the convenient services above you receive. If your group has stopped contributing (or never started), please bring it up at your next business meeting and take a group conscious.

Let us know when and how we can help. - *Your Central Office Team*

Service Opportunities

Central Office Volunteers Needed

Great response last month to fill the open slots. The shifts may be filled but starting an opportunity list! 4 hours, 2, hours, 1 hour, however you can help with your time in the future.

12 Step Calls

Add your name to the 12 Step Call list for male & female. Spanish speaking volunteers also needed.

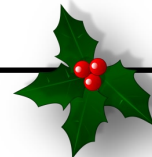
Please contact Ken for more info 951-677-1535.

Volunteers

- | | |
|-------------|------------|
| 1. Bert | 2. Terri |
| 3. Debi | 4. John W |
| 5. James | 6. Laura L |
| 7. Nikki | 8. Chris |
| 9. Terry | 10. Steve |
| 11. Roxanne | 12. Sarri |
| 13. Shawna | 14. Steve |

...and YOU!

Business



Central Office Activity

Phone Calls: 540



Walk-Ins: 122



Purchases: 122



Website Visits: 7,523



Delv./Shipments: 15



Active Intergroups: 38



The Chairman's Corner

Concept 8:

The trustees should always have the best possible committees, corporate service directors, executive staffs, and consultants. Composition, qualifications, induction procedures, and rights and duties will always be matters of serious concern.

- Semper Sober John

Committee Meetings	Day of the month	Location (moved on line)
H&I Committee Meeting	1st Monday 7:30 pm	Temecula Valley Alano Club 27470 Commerce Center Dr. Temecula, CA 92590
TVCO Board Meeting	1st Tuesday 6:30pm	Central Office 41340 Pear Street Suite 1 Murrieta, CA 92562
Mid So-Cal Area Meeting	2nd Sunday 9:30am	See the MSCA website http://msca09aa.org/
District 17 GSR Meeting	2nd Tues 6:30pm	Springs Church 41735 Winchester Rd #C Temecula, CA 92590
Intergroup Meeting	3rd Tuesday 6:45pm	United Methodist Church 24652 Adams St, Murrieta, CA (At Kalmia & Adams)
TVYPAA	1st and 3rd Sunday 4:45pm	Temecula Valley Alano Club 27470 Commerce Center Dr # C, Temecula, CA 92590

Financial Reports, Agendas,
Meeting Minutes

FREE

**Do you need a report for
your groups business
meeting?**

Contact the TVCO Board
Secretary at:
secretarytvco@gmail.com

BUCK A MONTH CLUB



Inquire with your Intergroup Rep
or follow
<http://ssl.temeculacentraloffice.org/>

**Comments, suggestions about the Gratitude
Gazette?**

Please email the editor at:
gazette@temeculacentraloffice.org

Rewind News



Editorial on the 12th Tradition

By Bill W - November 1948 (Copyright The AA Grapevine, Inc.)



“Anonymity is the spiritual foundation of the traditions, placing principles above personalities.”

One may say that anonymity is the spiritual base, the sure key to all the rest of our Traditions. It has come to stand for prudence and, most importantly, for self-effacement. True consideration for the newcomer if he desires to be nameless; vital protection against misuse of the name Alcoholics Anonymous at the public level; and to each of us a constant reminder that principles come before personal interest—such is the wide scope of this all-embracing principle. In it we see the cornerstone of our security as a movement; at a deeper spiritual level it points us to still greater self-renunciation.

A glance at the Twelve Traditions will instantly assure anyone that “giving up” is the essential idea of them all. In each Tradition, the individual or the group is asked to give up something for our general welfare. Tradition One asks us to place the common good ahead of personal desire. Tradition Two asks us to listen to God as he may speak in the group conscience. Tradition Three requires that we exclude no alcoholic from AA membership. Tradition Four implies that we abandon all idea of centralized human authority or government. But each group is enjoined to consult widely in matters affecting us all. Tradition

Five restricts the AA group to a single purpose, carrying our message to other alcoholics.

Tradition Six points at the corroding influence of money, property, and personal authority; it begs that we keep these influences at a minimum by separate incorporation and management of our special services. It also warns against the natural temptation to make alliances or give endorsements. Tradition Seven states that we had best pay our own bill; that large contributions or those carrying obligations ought not be received; that public contributions or those carrying obligations ought not be received; that public solicitation using the name Alcoholics Anonymous is positively dangerous. Tradition Eight forswears professionalizing our Twelfth Step work but it does guarantee our few paid service workers an unquestioned amateur status. Tradition Nine asks that we give up all idea of expensive organization; enough is needed to permit effective democracy; our leadership is one of service and it is rotating; our few titles never clothe their holders with arbitrary personal authority; they hold authorization to serve, never to govern. Tradition Ten is an emphatic restraint of serious controversy; it implores each of

us to take care against committing AA to the fires of reform, political or religious dissension. Tradition Eleven asks, in our public relations, that we be alert against sensationalism and it declares there is never need to praise ourselves. Personal anonymity at the level of press, radio, and film is urgently required, thus avoiding the pitfall of vanity, and the temptation through broken anonymity to link AA to other causes.

Tradition Twelve, in its mood of humble anonymity, plainly enough comprehends the preceding eleven. The Twelve Points of Tradition are little else than a specific application of the spirit of the Twelve Steps of recovery to our group life and to our relations with society in general. The recovery steps would make each individual AA whole and one with God; the Twelve Points of Tradition would make us one with each other and whole with the world about us. Unity is our aim.

Our AA Traditions are, we trust, securely anchored in those wise precepts; charity, gratitude, and humility. Nor have we forgotten prudence. May these virtues ever stand clear before us in our meditations; may Alcoholics Anonymous serve God in happy unison for so long as he may need us.

Events



Many upcoming events have been cancelled, postponed and moved online due to the restrictions in place to combat the spread of COVID-19.

Please call the host before traveling and check the TVCO Events website page for current information.

<http://www.temeculacentraloffice.org/aa-events/>

Stepping Stones Virtual Tour

December – More details soon!

New Year's Eve/Monte Carlo Night

12/31/2020 – More details soon!

Ugly Sweater Contest

December 19, 2020
6:00 - 8:30 PM (PST)
Zoom ID: 9644 175 1846
Password: Hohoho



<http://www.temeculacentraloffice.org/aa-events/>

Safety



SAFETY FOR THE NEWCOMER

We *ALL deserve RESPECT* and the right to get sober in a healthy empowered environment.

Everyone regardless of race, color, gender, age, religion, creed, disability, and sexual orientation, all deserve a chance to get sober **without harassment of any kind.**

Like one old timer in Hawaii used to say “ the good, the bad, and the ugly are in meetings just like on the street.”

BE AWARE

Trust is earned.

If someone makes you uncomfortable in any way, tell the secretary and a friend and do not give them your contact information.

A sponsor guides you through the steps and shares their experience as to how they have stayed sober.

FOR PARENTS AND MINORS

Minors should not take rides from members of the opposite sex.

There should always be another person with them, with one being of the same sex and age as the minor.

Minors should not go alone to the house of an older sober member to do step work until trustworthiness is established. It is safer to do this work in a public area like a coffee shop.

*This literature is part of “**Make meetings safer**”. A grass roots movement in Southern California. Started by a group of concerned group members.*

Each Group is autonomous and every group can write their own literature.

Leisure



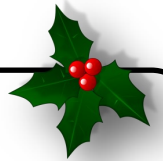
See You in the Funny Papers



Laughter is the Best Medicine ...
Really

<https://www1.cbn.com/laughter-best-medicine-really>

Leisure



Word Search of the Month

QFRNZRNOUEJBQESHJZEDYJOSH
GIKRVDCGMJXNRADZKJDVYFBOB
BTSAORVYKGVNOSPONSORDVSB
UBQNTESHGVCNNXGRAPEVINER
JDHOEYAPVLALEYKTBIGBOOKI
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Acceptance	Fellowship	Inventory	Anonymous
Grapevine	HomeGroup	Newcomer	Serenity
Sobriety	OldTimer	Promises	Defects
Sponsor	Service	BigBook	Sponsee
HALT			

Classifieds

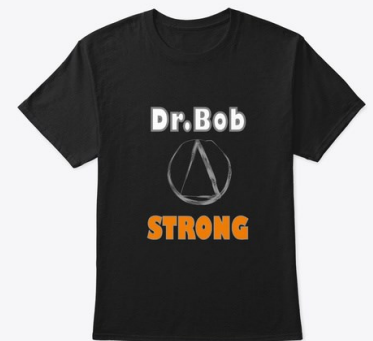
Intergroup commitments available

Inquire with Angie at
acpaglie@yahoo.com

TVCO SWAG

Get your limited event and TVCO shirts, hoodies, mugs and more at:

[Teespring.com/stores/tvco](https://teespring.com/stores/tvco)



Answer key for November

KEIGLZEIPREFCONTACTCPAQEEJ
TFHQSPRITUALAAAVKTDNYFQX
DJHEUJHLSQKINDNESSFBOOKWP
CBBUOORAZHMGLORTIUOIRJARX
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SJVVLTSTIAFOWTWVQLEXYASD
DRWGRATEFULNESSMIAEWGNSFF
AMDYNMQPGQDOKKOTYZFVVCRAA

7th Tradition Donations



Several ways to support Central Office while keeping with the 'Stay at home order'.

Venmo is a mobile payment service:
Search for @TVCOAA

Or on the TVCO website:
<https://ssl.temeculacentraloffice.org/>